

# Bye -bye blemishes

**Bid adieu to embarrassing breakouts  
with the latest adult acne treatments**

With maturity, comes clarity, or so they say. But that's. not always the case when it comes to your skin. In fact, adult acne is on the rise (experts don't know why), with the average age of those fighting the mighty pimple, climbing to 26 years old. Increasingly, acne is becoming a life long skin condition for some people. The downside: the older you are, the less your skin is able to repair itself, so the more persistent the acne can become. But because of this, cosmetic companies are up to the challenge, creating product lines to specifically treat acne on adult skin. Containing ingredients like hyaluronic acid (which evens skin tone and texture) these products also treat other problems that plague mature skin, most importantly signs of aging. So, as acne disappears, skin is left looking younger. Herewith, the help you need to end unsightly spots

## Control oil

The overproduction of sebum (oil) is one of the primary causes of breakouts. "It is very common in teenagers because that's when the oil-secreting glands really start working," explains Dr. Jody Alpert Levine of Plastic Surgery and Dermatology, NYC. If you had overactive sebaceous glands in your teens, it is likely that you will continue to have them through adulthood. There are numerous triggers. For instance, when you are under stress the adrenal gland releases testosterone-type hormones that increase sebum production. Usually oil drains to the surface, but if dead skin cells are clogging pores, oil gets locked in, leading to a breakout. A good way to combat oily skin is with products that include oil-absorbing clay. Zinc and caffeine also regulate sebum production and control bacteria, preventing inflammation, while at the same time soothing skin.

## Cleanse consistently

Cleansing your face daily is imperative to control the amount of oil on your skin and to remove dirt and dead skin cells - both of which clog pores. Many acne-specific cleansers are gel or foam-based and include salicylic acid, which promotes the skin's natural exfoliation process, shedding the skin's top layer of dirt, sunscreens, oil and makeup. After cleansing, dab on a

whrease(sebaceood ))TJ T .4649 Tous glaw [(dsees.ia, presdeog bets tee b Mallowlogging ))TJ 228 .364 Twxygeommonerlog porC